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Housekeepers' Chat

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Not for Publication

Subject: "A Man's Meal--Beefsteak and French Fried Potatoes." From Bureau of Home Economics, U. S. D. A.

Leaflet available: "Cooking Beef according to the Cut." "Aunt Sammy's Radio Recipes."

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"What shall we have for dinner on Sunday?" I asked this question of Uncle Ebenezer.

"Beefsteak," said Uncle Ebenezer. "Give us a man's meal--beefsteak and fried potatoes. And anything else you wish--all the fussy dishes you please, but don't forget the beefsteak and the potatoes."

Acting on Uncle Ebenezer's suggestion, I have compiled this menu: Broiled Steak; French Fried Potatoes; ~~buttered cauliflower~~; Currant Jelly; and Ice Box Cake.

Have I ever mentioned the leaflet called "Cooking Beef According to the Cut?" Well well, surely I have Samantha! Perhaps you weren't listening-in on that day. I'm positive I would never neglect to mention such an attractive leaflet as "Cooking Beef According to the Cut."

The authors--one of them is the Recipe Lady--give a list of the tender cuts of meat, that is, the steaks and roasts; then they give a list of the less tender cuts, that is, the less tender steaks, roasts, and stews.

Next, having listed the different cuts of meat, the authors of this leaflet describe the best methods of cooking the tender cuts, and the less tender cuts.

They give recipes, too, for Broiled Steak, Mushroom Sauce, Rib Roast of Beef, Yorkshire Pudding, Pot Roast of Beef, Stuffed Flank Steak, Swiss Steak, Broiled Hamburg Steak on Onion Rings, and Beef Croquettes.

All those recipes for nothing, Samantha, for nothing but a letter from you, saying you'd like to have the leaflet called: "Cooking Beef According to the Cut."

And if you had this leaflet, and if you wanted to know how to broil a steak, for instance, all you'd have to do would be to turn to page three, and right there, in plain sight, you'd see a picture of a Broiled Porterhouse Steak. What's this? Samantha says she could broil a steak without seeing a picture of it. Of yes, of course--but then it's nicer, to see what it will look like when it's done.

If you follow the directions in the leaflet, it will look like the picture when it's done. Now supposing, just supposing, you knew nothing about broiling a steak. Turn to page three, in the leaflet I have mentioned three or four times

today, and read the directions: (Read slowly)

Select one of the tender steaks from 1-1/2 to 2 inches thick. Trim the steak of excess fat and wipe it off with a damp cloth. A steak may be broiled by direct heat or it may be pan-broiled in a skillet. To broil by direct heat, grease the rounds of a rack, lay the steak on it, and place over live coals, or under an electric grill, or the flame of a gas oven.

If a gas oven is used, have the steak 2 or 3 inches below the flame. Best results are usually obtained by leaving the door open. Sear on one side and then turn, being careful not to pierce the brown crust. When both sides are seared, reduce the heat, and turn the steak occasionally until cooked to the desired stage.

To pan-broil a steak, sear it on both sides in a lightly greased, sizzling hot skillet, then reduce the temperature and cook to the desired stage, turning the meat to insure even cooking. Do not add water and do not cover. From time to time pour off accumulated fat so that the steak will not fry. A thick steak after searing may be successfully finished in a hot oven (450° F.). Slip a rack under the steak in the skillet, and the meat will cook evenly without being turned. This is a convenient arrangement, for full attention may then be given to other last-minute preparations for the meal.

Place the steak when done on a hot platter and season with salt, pepper, and melted butter. Garnish with parsley and serve at once.

Now you know how to broil a steak, Samantha. And when you have served the tender juicy steak, the French fried potatoes, the buttered cauliflower, and the currant jelly, you will be mighty glad I did mention the bulletin.

What's that, Samantha? Oh, you want a recipe for Ice-Box Cake. Chocolate Ice-Box Cake? All right, we'll make chocolate this time. Better get a good sharp pencil, before you begin writing this recipe, for a Chocolate Ice-Box Cake is really composed of two recipes. A chocolate custard mixture, you know, and a sponge cake. It is a delectable dessert.

Ready to write the recipes? First, the Chocolate Custard Mixture. Seven ingredients, for the Chocolate Custard Mixture;

1 pint milk	4 eggs
1/2 cake unsweetened chocolate (1/4 pound).	1/4 cup butter
3/4 cup sugar.	1/4 teaspoon salt, and
	1/4 teaspoon vanilla.

Seven ingredients; Please check them: (Repeat ingredients).

Melt the chocolate in a double boiler. Add the sugar, salt, and milk. Mix well. Separate the eggs. When the milk is hot, pour the mixture into the lightly beaten yolks. Cook until thickened, stirring constantly. Add the butter, beat until well mixed, and fold this custard mixture into the stiffly beaten whites of the eggs. Stir in the vanilla. Chill, before pouring over the sponge cake.

Here's the recipe for the Sponge Cake--seven ingredients:

4 eggs
1 cup sugar
1 cup flour
3 tablespoons cold water.

1/4 teaspoon salt
1/2 teaspoon vanilla, and
1/2 teaspoon lemon juice

Seven ingredients, for Sponge Cake: (Repeat)

Separate the egg yolks from the whites, and beat the yolks well. Gradually beat in the sugar, using a Dover egg beater. Add the water, and continue the beating until the mixture is very thick and light. Sift the dry ingredients together, and then fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, and add the flavoring. Grease a tube pan slightly, pour in the cake batter, and bake from 45 to 50 minutes in a moderate oven, at a temperature of 325° F.

When the cake is cool, split it into three sections beginning at the top. Place the bottom section of the cake in the tube pan, and pour ^{over} it 1/2 of the chocolate custard mixture. Then put the next section in place and pour in the remainder of the chocolate. Cover with the top layer. Set the cake in the ice box overnight, or for several hours. When ready to serve turn onto a platter and sprinkle with powdered sugar, or fill the center with whipped cream, or cover with chocolate icing.

Let's review our menu once more: Broiled Steak; French Fried Potatoes; Buttered Cauliflower; Currant Jelly; and Ice Box Cake.

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